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**ABSTRACT**

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**EFFECTIVENESS OF FRUIT RED SEA DRINKS TO GLUCOSE CONTROL IN BLOOD OF DIABETES DIABETES TYPE II IN PUSKESAMAS GENUK SEMARANG**

**45 pages + 6 tables + XII**

**Background:** Currently popular therapy is done with chemical drug therapy in order to stimulate the pancreas to actively produce insulin. The herbal method that is currently developed is to consume fruits and vegetables that have the same goal to lower blood sugar levels or have the nature of hypoglycemia is one of the flavonoid substances from dragon fruit. The purpose of this study is to determine the effectiveness of red dragon fruit juice to control glucose in blood of type II diabetes mellitus at Puskesmas Genuk Semarang.

**Methods:** The design of this study used pre-experiment analytical studies using the one group pretest-posttest design. The sample in this study were 14 patients. The analysis used is paired t-test.

**Results:** Blood sugar prior to giving red dragon fruit juice averaged at 148.36 with blood sugar value at lowest 132 and highest 188. Blood sugar after after drinking red dragon fruit juice averaged at value 130.93 with value of blood sugar as low as 109 and highest 153

**Conclusion:** There was a difference in blood sugar before and after red dragon fruit juice significantly with p-value 0.000

**Keywords:** dragon fruit juice, blood sugar, diabetes mellitus

**Reference:** 41 (2002-2017)